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Housekeepers' Chat Friday, January 17, 1930.

NOT FOR PUBLICATION

Subject: "A Well-Lighted Kitchen." Approved by Bureau of Home Economics, U. S. D. A.

Bulletin available: "Convenient Kitchens."

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"Aunt Sammy," said my Next-Door Neighbor, "are you ever going to broadcast a talk about kitchens? If so, please say something about artificial lighting. I've just come from a visit with Ermintrude -- remember Ermintrude? No wonder she is such a pessimistic soul! You should see her kitchen. The walls are an unrelenting greenish blue, the curtains are a drab gray, and there's only one light in the whole kitchen. Can you imagine it? Only one light, and it's high up in the middle of the ceiling. No wonder Ermintrude is such a poor cook -- the poor dear can't see what she's putting in the oven, half the time. She stands in her own shadow. I felt mighty sorry for Ermintrude, but what could I do, without hurting her feelings?"

"Be tactful and subtle," I suggested. "For instance, tell Ermintrude that, generally speaking, light-colored paint is considered best for kitchen walls, because it reflects and diffuses light. Then suggest that if there were glass panels in the back door, she could look out on her hollyhocks, and petunias, in the summer time. You know Ermintrude loves her flowers. Glass panels in the back door would admit good light to her work table during the day. Then she should have artificial light over the table, for use in the evening, and on dark mornings. With a reflector behind it, that would also give better light at the stove. Doesn't Ermintrude know that kitchens need light at all the work centers -- work table, sink, and stove?"

"Evidently not," said my neighbor, "or she'd have more than one light in that big kitchen of hers. Even that one light is dim. If you were going to give a talk on the well-lighted kitchen, what would you say, Aunt Sammy?"

"I'd say," I began, "I'd say something like this: Good artificial light is just as much needed as daylight, at the sink, the stove, the table, and all other work centers. The artificial lights should be arranged so as to prevent glare, and so that a person at any one of the important centers does not have to work in her own shadow. Frosted bulbs or translucent shades will help to diffuse the light, and cut off the glare. If meals are served in a corner of the kitchen, it is pleasant to have a light that illuminates this part only. Then, after the other lights are put out, the dining room seems to be shut off from the rest of the kitchen. Is that enough advice?"

"Fine!" said my Neighbor. "On with the speech. What would you say about curtains, for kitchen windows?"

"I'd say that curtains for kitchen windows should be washable, and so arranged that they do not shut out needed light and air. Attractive, inexpensive, and durable kitchen curtains are made of shepherd's plaid gingham, or unbleached muslin, with a border or piping of gingham, or with the hem couched down with bright mercerized floss. Oilcloth, mounted on rollers, makes excellent shades. They are not affected by steam and grease, can be cleaned easily, and if made of an attractive color, and perhaps finished across the top with a plain valance, are pretty enough to take the place of curtains. And if you want to know anything more about kitchens, just get a copy of the bulletin called 'Convenient Kitchens,' and read it carefully."

"I shall send one to Ermintrude," said my Neighbor. "Perhaps she will be inspired to remodel her kitchen, or at least to repaint those horrid dark walls, put in more lights, and hang cheerful curtains at the window.

"By the way, Aunt Sammy, your new curtains are pretty. I always did like unbleached muslin, edged with gingham, for kitchen curtains. Yellow and white checked gingham is attractive, in this sunshiny room. That's a pretty calendar, too, with its golden daffodils. I declare!" said my neighbor, suddenly. "I declare to goodness, Aunt Sammy -- do you know what?"

"What?" I asked.

"I came over here to invite you and your family to my home for dinner, and I forgot all about the invitation."

"Perhaps it's not too late," I suggested. "We might accept, even at this late date."

"Would you consider it?" asked my Neighbor. "Would you consider a dinner which includes chicken and apple pie?"

I accepted with alacrity, and arrived at my Neighbor's home in time to help cook the dinner. Our menu, in case you'd like to write it, included: Christmas Chicken; Buttered Peas; Cauliflower; and Apple Pie.

The recipe for Christmas Chicken is probably familiar to most of you, but for the benefit of those who do not have a radio cookbook, I shall read the recipe. Ten ingredients, for Christmas Chicken:

A plump fowl, weighing from 4 to 6 pounds.
4 or 5 medium-sized potatoes.
1 cup raisins, without seeds.
3 cups canned tomatoes.
2 tablespoons chopped onion.
2 tablespoons parsley.
Flour.
Butter.
Salt and pepper.

Ten ingredients -- check them please: (Repeat).

Simmer the fowl, in a small quantity of salted water, until tender. Remove from the broth. Set the fowl aside for stuffing. To the chicken

broth add the canned tomatoes and the finely chopped mild onion. Let this sauce cook down. In the meantime, prepare the stuffing by cooking and mashing the potatoes and adding to them the raisins and enough milk to make the mixture the stiffness of ordinary mashed potatoes. Stuff this, while still hot, into the body cavity and neck of the fowl. Crowd in all the stuffing possible. Pour a little melted butter over the chicken. Put it in the oven to brown.

Thicken the tomato sauce to the consistency of a gravy and add 2 or 3 tablespoons of finely chopped parsley and green pepper, if desired. When the chicken, and the surface of the potato stuffing have become delicately brown, place on a large hot platter. Pour part of the sauce around the chicken and serve at once.

Once more, I'll read the menu: Christmas Chicken; Buttered Peas; Cauliflower; Celery; and Apple Pie.

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